

## ABSTRACT OF THE DISCLOSURE

Embodiments of the present invention are directed to a method and apparatus for automatic health monitoring. In one embodiment, a regularly accessed device is equipped  
5 with an access detection unit. In one embodiment, a regularly accessed device is a temperature controlled compartment. In one embodiment, a timer is started when the access detection unit detects an access to the temperature controlled compartment. In one embodiment, a determination unit determines whether a second access is made within a time interval of a first access. In one embodiment, the time interval is determined using  
10 the patient's recommended medication regimen. In one embodiment, when a determination unit determines that a second access is not made within a time interval of a first access, a signal generator generates a signal. In one embodiment, the signal is transmitted to a healthcare provider. In one embodiment, the signal is transmitted via a computer network.